



**#DevonVirtualGames**

## **SEND Virtual Personal Challenge**

**Opens:** 10am, Monday 9<sup>th</sup> November 2020

**Closes:** 5pm, Friday 11<sup>th</sup> December 2020

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Autumn term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The Autumn term series will run from the 14<sup>th</sup> September 2020 – 11<sup>th</sup> December 2020 with five different events for you to enter. Schools and home-schooled individuals will be able to submit their entries via an online link. Each competition will be open for a limited amount of time as detailed below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

### **Brief Description of the Event:**

- This competition consists of several personal challenges related to events that can be done at school or home
- There are three levels, and you can choose the appropriate level to compete in.
- You need to try all the activities and time or measure yourself.
- School staff or parents should record your best results and use the entry form links below.

## The Activities Are:

| READY   | GET SET   | GO   |
|---|---|--|
| Roll any ball with your hand or foot in a circle whether on the floor, table or tray.               | Rolling any ball around a foot or hand placed on the floor for 30 seconds. How many can you do?                                   | Rolling any ball around the waist for 30 seconds. How many circles can you do?   |
| Try to throw, track and catch a slow-moving ball such as a balloon.                                 | Throw a suitable ball/balloon or other slow-moving object in the air and try and catch it. How many times can you do in 1 minute? | Throw a suitable ball in the air and see how many claps you can make with the ball in the air before you catch it again How many claps can you do? |
| Travel in any way to a line 5m away and back. Repeat this five times. Time how long it took.        | Travel to a line 5m away and back. Repeat this ten times. Time how long it took.  | Run to a line 5m away and back. Repeat this 15 times. Time how long it took.   |
| Throw a foam ball and see how far you can get it. Try three times and record your longest distance. | Throw a foam ball and see how far you can get it. Try three times and record your longest distance.                               | Throw a foam ball and see how far you can get it. Try three times and record your longest distance.  |
| Can you roll, slither or wiggle along a mat?  | See how far you can jump from a standing start.   | See how far you can jump from a two footed take off to two footed landing.   |

## Enter Your Results Online

### School Staff

The entry process will be done via this [online form](#) to submit the number of children that have taken part. Entries close at **5pm Friday 11<sup>th</sup> December 2020**.

### Home Schooled and Lockdown Students

The entry process will be done via this [online form](#). Entries close at **5pm Friday 11<sup>th</sup> December 2020**.

## Prizes:

- Everyone who takes part will receive a READY, GET SET or GO certificate.

## Contacts:

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - [annabel.white@paigntonacademy.org](mailto:annabel.white@paigntonacademy.org)

Plymouth SGO - Hayley Jarvis - [h.jarvis@sjhcsc.co.uk](mailto:h.jarvis@sjhcsc.co.uk)

Plymouth SGO - J. Gilbert - [j.gilbert@sjhcsc.co.uk](mailto:j.gilbert@sjhcsc.co.uk)

South Hams & West Devon SGO - Jeanette Green - [jegreen@ivybridge.devon.sch.uk](mailto:jegreen@ivybridge.devon.sch.uk)

East Devon SGO - Kevin Moran - [kmoran@thekings.devon.sch.uk](mailto:kmoran@thekings.devon.sch.uk)

Exeter & Mid Devon SGO - Nick Gillard - [mr.gillard@st-lukes.devon.sch.uk](mailto:mr.gillard@st-lukes.devon.sch.uk)

North Devon SGO - Steph Colwill - [scolwill@gts.devon.sch.uk](mailto:scolwill@gts.devon.sch.uk)

South Dartmoor SGO - Tammi Lethbridge - [tlethbridge@southdartmoor.devon.sch.uk](mailto:tlethbridge@southdartmoor.devon.sch.uk)

## Social Media:

Why not share your achievements with us on social media using the

### #DevonVirtualGames:

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram – @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#). You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).